

**ABSTRACT OF THE DISCLOSURE**

A composition and method are disclosed in which a anti-snoring solution comprising at least one homopolysaccharide is administered to pharyngeal mucous membranes, e.g., soft palate and uvula. The solution preferably includes oat beta glucan and a suitable  
5 delivery agent that will hold the active ingredients in solution, and optionally may be combined with essential oil compounds, vitamins, and/or flavoring agents. The solution is preferably administered in the form of a throat spray.

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